



Avalon Square Breakfast Menu

Daily Breakfast Specials

Sunday, May 19	Hot Cereal of the Day:	Oatmeal
	Breakfast Entrée Special:	Cheese Omelet, Hash Browns, Bacon, Toast, Fruit, Juice
Monday, May 20	Hot Cereal of the Day:	Cream of Wheat
	Breakfast Entrée Special:	Scrambled Eggs, Diced Ham, Toast, Fruit, Juice
Tuesday, May 21	Hot Cereal of the Day:	Oatmeal
	Breakfast Entrée Special:	Hard Boiled Eggs, Yogurt w/Granola, Cinnamon Swirl Toast, Fruit, Juice
Wednesday, May 22	Hot Cereal of the Day:	Cream of Wheat
	Breakfast Entrée Special:	Scrambled Eggs, Sausage Patty, Buttermilk Biscuit, Fruit, Juice
Thursday, May 23	Hot Cereal of the Day:	Oatmeal
	Breakfast Entrée Special:	Pancake w/Syrup, Bacon, Fruit, Juice
Friday, May 24	Hot Cereal of the Day:	Cream of Wheat
	Breakfast Entrée Special:	Fried Egg, Smoked Sausage, Toast, Fruit, Juice
Saturday, May 25	Hot Cereal of the Day:	Oatmeal
	Breakfast Entrée Special:	Waffle w/syrup, Sliced Baked Ham, Fruit, Juice

Everyday Breakfast Items

From the Bread Box	Toasted Items:	English Muffin Bagel with Cream Cheese Whole wheat, White, or Cinnamon Raisin bread
From the Pantry	Whole fruit:	Apple, Orange or Banana
	Cold Cereal:	Cheerios, Honey Nut Cheerios, Rice Chex, Raisin Bran, Cinnamon Toast Crunch
From the Icebox	Yogurt:	Peach, Strawberry, or Raspberry
	Fruit:	Fresh-cut Mixed Fruit
From the Grill	Eggs:	Any style - One, Two or Three Eggs Hardboiled Eggs (Served cold)
	Omelets:	Denver (Ham, green/red pepper, onion, & cheese) Cheese (American, Swiss, or cheddar) or Plain
	Griddle Items:	Pancakes (Short stack), French Toast, Belgian Waffle Hash browns
	Meat Items:	Sausage patty or links, Bacon, Ham

Beverage Options

One hot beverage and one cold beverage offered per meal

Cold	Juice: Orange, Apple, Cranberry, Prune or Tomato, Milk: Skim or 2%
Hot	Coffee or Decaf, Tea: Green, Black or Decaf